

NutriWare™

# Stainless Steel Rice Cooker

Instruction Manual



NutriWare™  
[www.MyNutriWare.com](http://www.MyNutriWare.com)



Model #NRC-600

[www.MyNutriWare.com](http://www.MyNutriWare.com)



Welcome to the NutriWare™ community!

With the NutriWare™ Stainless Steel Rice Cooker you are well on your way to meals that are healthy, delicious and easy to prepare. Cook anything from white to brown rice, whole grains and even entire entrees with the push of a button.

And with completely surgical stainless steel cooking surfaces you can rest assured that all food contact surfaces are non-reactive. With the Stainless Steel Rice Cooker, the only thing you and your family will be consuming is the delicious food you've prepared.

To maximize your health benefits, be sure to use fresh, organic foods whenever possible. Free of pesticides and artificial additives, organic foods will provide the best nourishment for you and your family.

To learn more about leading a healthy lifestyle, please visit us at **[www.mynutriware.com](http://www.mynutriware.com)** to browse other NutriWare™ products.

NutriWare™ nourishes the food that nourishes you.

Aroma Wellness Co.  
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Wellness™

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Aroma Wellness™ Co. is committed to making the world a healthier, happier place for current and future generations. We believe that being socially and environmentally responsible is a compulsory duty for modern businesses. Our mission is to provide innovative home product solutions that bring health and wellness into the lives of all who use them. The NutriWare™ line of kitchen appliances is in lockstep with Aroma Wellness™ Co.'s overall mission.



*The Aroma Wellness Co.'s San Diego staff*

NutriWare™ is for those who want to get the most out of their food. This new generation of kitchen appliances gives back what traditional cooking methods take away. We seek to provide our customers with convenient, wholesome ways to unlock the full health benefits of natural foods.

NutriWare™ is committed to quality and therefore uses only safe, non-reactive materials and advanced technology to create appliances that are ultimately practical, versatile and safe.



# IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. **Important: Read all instructions carefully before first use.**
2. Do not touch hot surfaces. Use handles or knobs
3. Use only on a level, dry and heat-resistant surface.
4. To protect against electrical shock, do not immerse cord, plug or the appliance in water or any other liquid.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma Wellness customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot burner or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Extreme caution must be used when moving the appliance containing hot water or other liquids.
14. Do not touch, cover or obstruct the steam vent on the lid of the rice cooker as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the base of the wall outlet. Never pull on the cord.
17. The rice cooker should be operated on a separate electrical circuit from other operating appliances. If the electric circuit is overloaded with other appliances, this appliance may not operate properly.
18. Always make sure the outside of the inner cooking pot is dry prior to use. If the inner pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
19. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
20. Rice should not be left in the inner pot with the "Keep-Warm" function on for more than 12 hours.
21. To prevent damage or deformation, do not use the inner pot on a stovetop or burner.
22. To disconnect, turn any control to "Off," then remove plug from wall outlet.
23. To reduce the risk of electric shock, cook only in the provided removable inner pot.

# LIMITED WARRANTY

Aroma Wellness Company warrants this product free from defects in material and workmanship for two years from provable date of purchase in the continental United States.

Within this warranty period, Aroma Wellness Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$13.00 for shipping and handling charges payable to Aroma Wellness Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

AROMA WELLNESS COMPANY

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M-F, 8:30 AM - 5:00 PM, Pacific Standard Time

[www.MyNutriware.com](http://www.MyNutriware.com)

## SAVE THESE INSTRUCTIONS

# TROUBLESHOOTING

Because different rice types may vary in their make-up, results may differ. Below are some troubleshooting tips to help you achieve the desired consistency.

PROBLEM	SOLUTION
Rice is too dry/hard after cooking.	If your rice is dry or hard/chewy when the rice cooker switches to "Keep-Warm" mode, additional water and cooking time will soften the rice. Depending on how dry your rice is, add more water and stir through. Replace the lid and press the "Cook/Steam" switch. When the rice cooker switches to "Keep-Warm" mode, remove the lid and stir the rice to check the consistency. Repeat as necessary until rice is soft and moist.
Rice is too moist/soggy after cooking.	If your rice is still too wet or soggy when the rice cooker switches to "Keep-Warm" mode, use the rice paddle to stir the rice. This will redistribute the bottom (moistest) part of the rice as well as release excess moisture. Replace the lid and allow to remain on "Keep-Warm" mode for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

# SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
  - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
  - b. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled by children or tripped over unintentionally.



## POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

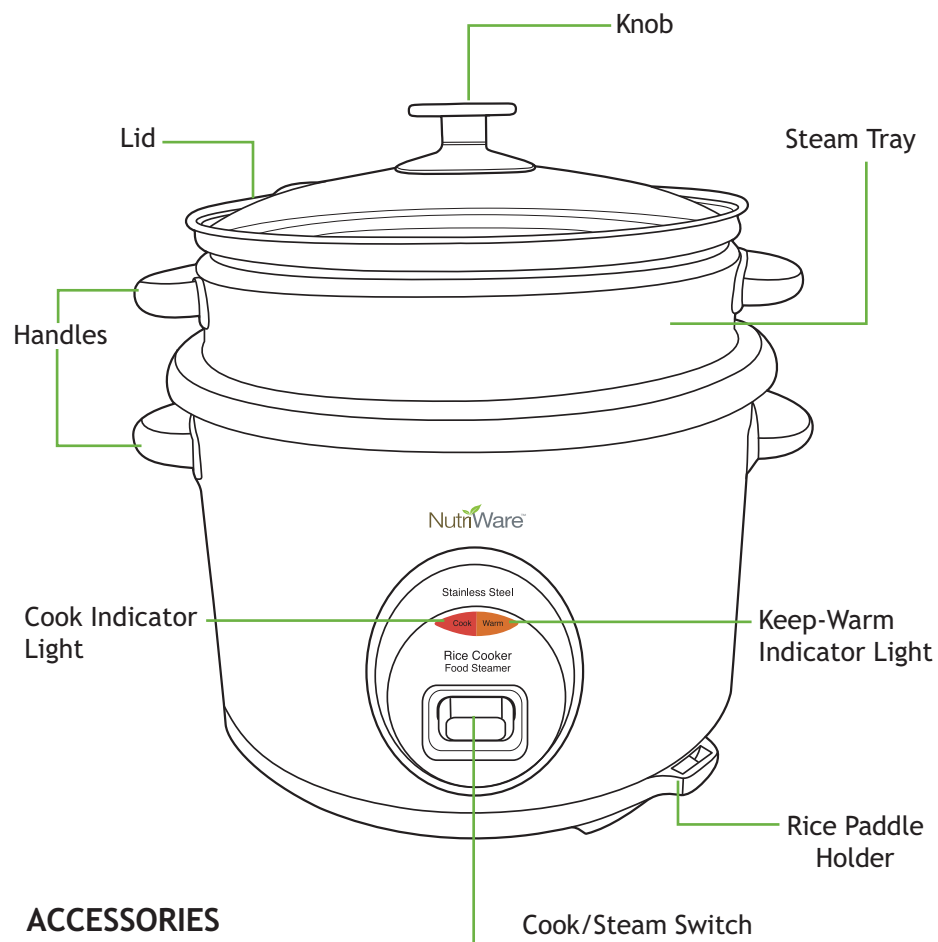
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

If the supply cord is damaged it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

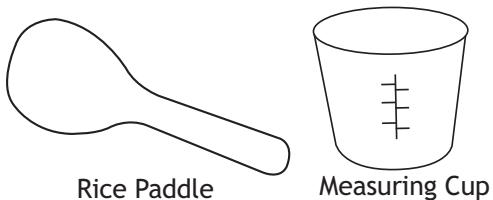
## This appliance is for household use only.



# PARTS IDENTIFICATION



## ACCESSORIES



# HOW TO CLEAN

*Always unplug unit and allow to cool completely before cleaning.*

## To Clean Inner Pot and Accessories

1. Remove the inner pot. Wash it with warm, soapy water using a sponge or dishcloth.
2. Rinse and dry thoroughly.
3. Repeat process with steam tray and other provided accessories.



### HELPFUL HINT:

The stainless steel inner pot and steam tray are dishwasher-safe for quick and easy cleanup.

## To Clean Rice Cooker Exterior

1. Wipe the body of the rice cooker clean with a damp cloth.
2. Dry with a soft cloth.



### NOTE:

- Do not use harsh, abrasive cleaners.
- The base of the rice cooker is **NOT** dishwasher-safe. However, the inner pot, steam tray and accessories are dishwasher-safe.
- Always make sure the outside of the inner pot is dry prior to use. If the inner pot is returned when wet, it may damage this product, causing it to malfunction.

# MEAT STEAMING CHART

Meat	Amount of Water	Steaming Time	Safe Internal Temperature
Fish	2 Cups	15 Min.	140°F
Chicken	2-1/2 Cups	20 Min.	165°F
Pork	2-1/2 Cups	20 Min.	160°F
Beef	2-1/2 Cups	Medium = 15 Min. Medium-Well = 20 Min. Well = 23 Min.	160°F



## HELPFUL HINTS:

1. Steaming may vary depending upon the cut of meat being used.
2. To ensure meat tastes its best, and is safe to eat, check that the meat is completely cooked prior to serving. Use a meat thermometer to ensure the internal temperature is at least that of the safe temperature listed in the chart above. If it is not, place more water in the inner pot and resume the steaming process until a safe temperature is reached.

# USING YOUR RICE COOKER

## Before First Use

1. Read all instructions and important safeguards.
2. Remove all packaging materials and make sure items are received in good condition.
3. Tear up all plastic bags, as they can pose a risk to children.
4. Wash accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove inner pot from rice cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe body clean with a damp cloth.
7. Do not use abrasive cleaners or scouring pads.
8. Do not immerse the rice cooker base, cord or plug in water at any time.

## To Cook Rice

1. Using the measuring cup provided, measure and add rice to the inner pot.



### NOTE:

**The measuring cup provided adheres to rice industry standards (180ml) and is roughly  $\frac{3}{4}$  the size of one standard U.S. cup (240ml).**

2. Rinse rice in a mesh strainer or other separate container (do not rinse rice in the inner pot) until the water becomes relatively clear. Place rinsed rice into the inner pot.
3. Using either the water measurement lines in the inner pot or the measuring cup, add the appropriate amount of water (see "Rice/Water Measurement Chart" on **page 9**).
4. Place the inner pot in the Stainless Steel Rice Cooker, making sure that the outside surface of the pot is dry. Place the lid over the rice cooker and plug the power cord into a wall outlet.
5. Press the "Cook/Steam" switch down to begin cooking. The "Cook" indicator light will illuminate.
6. When the rice is finished, the "Cook/Steam" switch will pop up with an audible click. At this point the "Warm" indicator light will illuminate as the unit switches to "Keep-Warm" mode.
7. At the end of the cooking cycle, it is best to let the rice stand an additional 15 minutes with the lid on to ensure it will have a perfect, fluffy consistency.
8. After the rice has cooked properly, open the lid and stir well prior to serving.



### NOTE:

Average cooking time for 8 cups of white rice is 43-48 minutes. For brown rice, cooking time is slightly longer. With smaller portions, the cooking time for both brown and white rice will decrease.



# USING YOUR RICE COOKER

## To Cook Whole Grains

1. Follow the instructions for cooking rice on the previous page. Refer to the grain/water measurement instructions on the grain package for water measurement. See the "Whole Grain/Water Measurement Chart" on **page 11** for a general measurement guide.
2. Some grains require pre-soaking. See package instructions for details.

## To Cook Beans, Soups and Stews

1. Place water or broth into the inner pot.
2. Add beans or other ingredients.
3. Some beans require pre-soaking. See package instructions for details.
4. Press down on the "Cook/Steam" switch. The "Cook" indicator light will illuminate.
5. Cook, uncovered, to desired consistency.
6. Press the "Cook/Steam" switch up to turn off the cooker when finished. The rice cooker will switch to "Keep-Warm" mode. To completely turn off the cooker, unplug it from the outlet.

## Using the Steam/Cook Function

1. Measure the appropriate amount of water into the inner pot. A convenient steaming guide has been included on **pages 12 and 13**.
2. Place the steam tray inside the rice cooker.
3. Place food in the steam tray and press down the "Cook/Steam" switch. The red "Cook" indicator light will illuminate.
4. Refer to either the included steaming guide on **pages 12 and 13** or the recipe being used to identify how long food should steam.
5. Once food has finished steaming, press up on the "Cook/Steam" switch to turn off the cooking cycle. The rice cooker will switch to "Keep-Warm" mode. To completely turn off the cooker, unplug it from the outlet.

### CAUTION:

- Use caution when removing the lid as steam escaping will be extremely hot.
- If the inner pot is returned to cooker when wet it may damage this product, causing it to malfunction.

# VEGETABLE STEAMING CHART

VEGETABLE	AMOUNT OF WATER	STEAMING TIME
Asparagus	1/2 Cup	7 Minutes
Broccoli	1/4 Cup	5 Minutes
Cabbage	1 Cup	15 Minutes
Carrots	1 Cup	15 Minutes
Cauliflower	1 Cup	15 Minutes
Corn	1 Cup	15 Minutes
Eggplant	1-1/4 Cup	15 Minutes
Green Beans	1 Cup	15 Minutes
Peas	1/2 Cup	7 Minutes
Spinach	1/2 Cup	7 Minutes
Squash	1/2 Cup	7 Minutes
Zucchini	1/2 Cup	7 Minutes



### HELPFUL HINTS:

1. Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water for larger servings.
2. Always keep the lid closed during the entire steaming process. Opening the lid causes a loss of heat and steam, resulting in a slower cooking time. If you find it necessary to open the lid, you may want to add a small amount of water to help restore the cooking time.
3. Frozen vegetables will take longer to cook.
4. **When using the steam tray, the maximum amount of white rice that may be cooked simultaneously is 6 cups (uncooked), if using brown rice the maximum amount is 4 cups (uncooked).** This ensures that both the cooked rice and the steam tray will fit properly into the inner pot.
5. Altitude, humidity and outside temperature will affect steaming times.
6. The steaming chart is for reference only. Actual steaming time may vary.



# WHOLE GRAIN/WATER MEASUREMENT CHART


Whole Grain	Water to Grain Ratio with Measuring Cup
Amaranth	3:1
Bulgur	2:1
Couscous	1½:1
Kamut	3:1
Kasha	2:1
Millet	2½:1
Oats	2:1
Pearl Barley	3:1
Polenta	4:1
Quinoa	2:1
Rye Berries	3:1
Tritical Berries	3:1
Wheat Berries	3½:1

 **NOTE:**  
For instructions and recipe ideas for whole grains from amaranth to wheat, refer to the included recipe booklet. For a free copy of the recipe booklet, visit us online at [www.mynutriware.com](http://www.mynutriware.com) or contact an Aroma Wellness customer service representative at 800-276-6286 M-F 8:30am-5:00pm PST.


# USING YOUR RICE COOKER

## Simultaneously Cooking and Steaming

1. Begin cooking the desired amount of rice. See "To Cook Rice" on **page 6** for detailed instructions. **Do not attempt to cook more than 6 cups (uncooked) of rice if trying to use the steam tray simultaneously (if using brown rice do not cook more than 4 cups uncooked rice), or the steam tray will not fit.**
2. Place the inner pot into the unit, secure the lid and press the "Cook/Steam" switch.
3. Refer to the steaming guides for vegetables (**page 12**) or meat (**page 13**) for hints and approximate steaming times. **It is best to insert the food to be steamed toward the end of the rice cooking cycle so that your meal is fresh and warm all at once.**
4. Place your choice of vegetables or meat into the steam tray. Remove the lid, **using caution as steam escaping will be extremely hot**, and place steam tray into the rice cooker.
5. Replace the lid and allow the cooker to resume cooking.
6. Once food has been steamed for the appropriate time, remove the lid. **Use caution when opening lid as steam escaping will be extremely hot.** Remove the steam tray and check food to be sure it has been thoroughly cooked. **Exercise caution when removing the steam tray as well; it will be hot.**
7. Replace the lid of the rice cooker and allow rice to continue to cook until finished. Once the rice is ready, it will automatically switch to "Keep-Warm" mode, and the "Warm" indicator light will illuminate.

 **CAUTION:**

- Use caution when removing the lid as steam escaping will be extremely hot.
- If the inner pot is returned to cooker when wet it may damage this product, causing it to malfunction.

 **NOTE:**  
All measurements in this manual and on the rice/water lines located within the inner pot refer to the provided measurement cup. **The measuring cup provided adheres to rice industry standards (180mL) and is roughly ¾ the size of one standard U.S. cup (240mL).**

# RICE/WATER MEASUREMENT CHART

# COOKING TIME CHART

## White Rice/Water Measurement Chart

UNCOOKED RICE	CUPS OF WATER FOR <u>WHITE RICE</u>	<u>WHITE RICE</u> WATERLINE INSIDE POT	APPROX COOKED RICE YIELD
2 Cups	2-1/2 Cups	Line 2	4 Cups
3 Cups	3-1/2 Cups	Line 3	6 Cups
4 Cups	4-1/2 Cups	Line 4	8 Cups
5 Cups	5-1/2 Cups	Line 5	10 Cups
6 Cups	6-1/2 Cups	Line 6	12 Cups
7 Cups	7-1/2 Cups	Line 7	14 Cups
8 Cups	8-1/2 Cups	Line 8	16 Cups

\* The water line measurements within the inner pot are intended for white rice only.

## Brown Rice/Water Measurement Chart

UNCOOKED RICE	CUPS OF WATER FOR- <u>BROWN RICE</u>	APPROX COOKED RICE YIELD
2 Cups	3 Cups	4 Cups
3 Cups	4-1/4 Cups	6 Cups
4 Cups	5-1/2 Cups	8 Cups
5 Cups	6-3/4 Cups	10 Cups
6 Cups	8 Cups	12 Cups



### HELPFUL HINTS:

1. Rinse rice to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.
2. Certain varieties of rice are stickier than others. If you have experienced any sticking to the inner pot, try adding a light coating of vegetable oil or nonstick cooking spray to the bottom of the inner pot before adding rice.
3. The chart above is only a general measuring guide. As there are many different kinds of rice available, rice/water measurements may vary slightly. Refer to package instructions for other rice varieties.



### NOTE:

- Due to the increased water necessary for cooking brown rice, **the maximum amount of brown rice is 6 cups (uncooked).**
- This chart refers to cups of rice and water **based on the measuring cup provided.** Only use the measuring cup provided with this rice cooker as it is not equal to a standard U.S. cup size.
- **Brown rice will take longer to cook** than white rice due to the extra bran layers around the grains.
- Wild rice and other rice medleys will take longer to cook and may require more water. Please refer to package instructions for proper measurements.

## How long will it take?

## White Rice Time Chart

<u>WHITE RICE</u> UNCOOKED CUPS	COOKING TIME
2 Cups	30-35 Min.
3 Cups	32-37 Min
4 Cups	34-39 Min
5 Cups	38-43 Min
6 Cups	40-45 Min
7 Cups	41-46 Min
8 Cups	43-48 Min

## Brown Rice Time Chart

<u>BROWN RICE</u> UNCOOKED CUPS	COOKING TIME
2 Cups	100-105 Min.
3 Cups	102-107 Min
4 Cups	110-115 Min
5 Cups	114-119 Min
6 Cups	116-121 Min

**Cooking times are approximate. This table is for reference only. Possible variations in cooking times may be caused by one or more of the following factors:**

- Variations in the type of rice being cooked.
- Variations in the amount of rice and/or water in the inner pot.
- If you are making a second batch of rice shortly after the first batch, cooking times may be reduced because the heating element will already be warm.
- Opening the lid during the cycle causes a loss of heat and steam. Cooking time may be prolonged if the lid is opened before the rice is finished.
- Simultaneously cooking rice and steaming may affect cooking times.
- Altitude, humidity and outside temperature may affect cooking times.



### NOTE:

Refer to product package instructions for cooking whole grains and beans.